

Sample Breakfast Menu (One-Month Cycle)

Monday	Tuesday	Wednesday	Thursday	Friday
Egg and cheese in tortilla Peaches Mini Wheat Cereal Milk	Waffles with Syrup Sausage Link Fresh Grapes Milk	Bagel w/ Cream Cheese Hot Oatmeal Raisins Milk	Cinnamon Rolls Ham Slice Pears Milk	Cranberry Muffin Apple Wedges String Cheese Milk
Banana Bread Hot Cereal Choice Orange Wedges Milk	English Muffin w/Jelly Raisin Bran Peach Cup Milk	Scrambled Eggs w/ Cheese Hash Browns Toast Milk	PBJ on Toast Banana Trail Mix Milk	Pancakes w/ Syrup Kiwi Yogurt Milk
Waffles with Syrup Cheerios Strawberries Milk	Blueberry Muffin Applesauce Milk	Breakfast Fruit Pizza String Cheese Milk	Yogurt/Fruit/Granola Parfaits Dried Cranberries Banana Milk	Breakfast Burrito Tater Tots Orange Wedges Milk
Banana Split - halved Banana topped with Yogurt and Teddy Grahams Milk	Biscuits w/ Sausage Gravy Raisin Bran Apple Wedges Milk	Cinnamon Raisin Toast Hot Cereal Choice Orange Wedges Milk	Egg and Cheese on English Muffin Fresh Pears Milk	Cinnamon Oatmeal Fruit Cocktail Trail Mix Milk

Remember to use whole grain, low-fat and no sugar added foods whenever possible!

Sample Breakfast Menu for Schools *without* Kitchen Facilities (Two-Week Cycle)

	Week One	Week Two
m o n d a y	Banana <i>1 whole small</i> Raisin Bran <i>1 oz. (3/4 cup)</i> Yogurt <i>4 oz.</i> 1% or Skim Milk <i>8 oz. (1 cup)</i>	Apple Wedges <i>1/2 cup</i> Cinnamon Granola <i>1 oz. (3/4 cup)</i> English Muffin <i>2 oz. muffin</i> Peanut Butter <i>2 TBSP</i> Jelly <i>2 teaspoon</i> 1% or Skim Milk <i>8 oz. (1 cup)</i>
t w e d n e s d a y	Apple Wedges <i>1/2 cup</i> Peanut Butter and Jelly Sandwich <i>2 TBSP peanut butter,</i> <i>2 tsp. jelly, 2 slices bread</i> 1% or Skim Milk <i>8 oz. (1 cup)</i>	Pear Cup <i>4 oz. (1/2 cup)</i> Waffles <i>2 oz.</i> Jelly <i>2 tsp.</i> Instant Oatmeal <i>1 oz. (3/4 cup)</i> 1% or Skim Milk <i>8 oz. (1 cup)</i>
w e d n e s d a y	Fresh Grapes <i>1/2 cup</i> Instant Oatmeal <i>1 oz. (3/4 cup)</i> Raisin Toast <i>2 slices bread</i> Margarine <i>2 tsp.</i> 1% or Skim Milk <i>8 oz. (1 cup)</i>	Banana <i>1 whole small</i> Mini Wheats <i>1 oz. (3/4 cup)</i> Granola Bar <i>1-1.5 oz.</i> Trail Mix <i>1 oz. nuts, dried fruit mix</i> 1% or Skim Milk <i>8 oz. (1 cup)</i>
t h u r s d a y	Peach Cup <i>4 oz. (1/2 cup)</i> Cheerios <i>1 oz. (3/4 cup)</i> Bagel <i>3 oz.</i> Cream Cheese <i>2 TBSP</i> Jelly <i>2 tsp.</i> 1% or Skim Milk <i>8 oz. (1 cup)</i>	Fruit Cocktail Cup <i>4 oz. (1/2 cup)</i> String Cheese <i>1 oz.</i> Banana Bread <i>2 oz.</i> 1% or Skim Milk <i>8 oz. (1 cup)</i>
f r i d a y	Carrot Sticks <i>1/2 cup</i> Cheese Sandwich <i>2 oz. cheese</i> <i>2 slices bread,</i> <i>2 tsp. mayonnaise</i> Trail Mix <i>1 oz. nuts, dried fruit mix</i> 1% or Skim Milk <i>8 oz. (1 cup)</i>	Orange Wedges <i>1/2 cup</i> Blueberry Muffin <i>2 oz.</i> Yogurt <i>1 oz. (3/4 cup)</i> 1% or Skim Milk <i>8 oz. (1 cup)</i>

Other Ideas: soft pretzels, graham crackers, tortilla wraps with cheese or cream cheese and fruit, cheese sticks/blocks, cereal bars, or pop tarts.

Remember to use whole grain, low-fat, and no added sugar foods as often as possible.

*Grab-and-Go Breakfasts**

Combine foods listed below to meet menu planning requirements for reimbursement.

- Assorted Muffins
- Bagels with Cream Cheese
- Banana Bread
- Cereal Bars
- Chex Mix or Homemade Cereal Mix
- Cinnamon Rolls
- French Toast Sticks
- Graham Crackers
- Granola Bars
- Pancake on a Stick
- Single-Serve Cereal Bowls
- Trail Mix
- Bagel Sandwiches
- Breakfast Burrito
- Breakfast Pizza
- Breakfast Tortilla Wrap (you choose the filling)
- Canadian Bacon
- Cheese Sandwich
- Cold Cheese Pizza
- Egg or Ham and Cheese on English Muffin
- Granola, Yogurt and Fruit Parfait
- PB & J Sandwich
- String Cheese
- Yogurt
- Apple or Orange Slices
- Bananas
- Fresh Fruit Salad
- Fruit Cups
- Grapes Juice Cartons
- Strawberries
- Milk

*** Select low-fat meats, cheeses and dairy; use whole grains; and choose no added sugar and no added salt canned products.**